

**ARIZONA DEPARTMENT OF CORRECTIONS
CORRECTIONAL CADET
MEDICAL PHYSICAL REQUIREMENTS FOR APPOINTMENT**

TO BE CONSIDERED FOR APPOINTMENT AS A CADET, A CANDIDATE SHALL:

1. Submit to a medical and a physical examination (**you may be required to disrobe**) by a designated physician and pass a pre-employment drug screening test.
2. Be free of contagious, infectious or incapacitating conditions that pose a significant risk of substantial harm to the health or safety of the individuals or others in the performance of duty and that cannot be eliminated or reduced by reasonable accommodation.
3. Be medically and physically capable of completing the required training and achieving acceptable job performance as a Corrections Officer.
4. Have resting pulse rate less than or equal to 100 beats per minute. Systolic blood pressure less than 150, diastolic less than 100, and no evidence of abnormal rhythm.
5. Have sufficient physical stamina and physical fitness to satisfactorily perform all the essential job functions of a CO.
6. Have vision of at least 20/50 in each eye with or without correction. Peripheral vision with a minimum horizontal vision of 170 degrees and the ability to distinguish basic colors against a favorable background.

7. **MINIMUM PHYSICAL CAPABILITIES:**

AEROBIC CAPACITY	25% RUSH APPLICANT		50% COTA GRADUATION	
AGES	WOMEN	MEN	WOMEN	MEN
21-29	17.51	14.47	16.35	13.43
30-39	18.39	15.33	17.48	13.45
40-49	20.30	16.51	18.54	15.33
50-59	21.22	18.08	19.48	16.51
60-69	21.48	19.56	21.29	18.57

1.5 Mile Run as a substitute for VO2 max standards

PUSH-UPS (60 SECONDS)	25% RUSH APPLICANTS		50% COTA GRADUATES	
AGES	WOMEN	MEN	WOMEN	MEN
21-29	10	17	16	24
30-39	8	12	14	19
40-49	5	10	12	13
50-59	2	7	9	10
60-69	1	5	6	9

SIT-UP (60 SECONDS)	25% RUSH APPLICANTS		50% COTA GRADUATION	
AGES	WOMEN	MEN	WOMEN	MEN
21-29	21	29	27	34
30-39	15	22	21	28
40-49	7	17	16	23
50-59	0	13	7	20
60-69	0	7	5	13

Revised 05/26/05